



SECTION TWO

Test Diets and Diets of Limited Duration

Diet manual

Liquid Diet and Ensure for Surgical Bowel Prep

General Description

This diet involves a three-day regimen designed to promote bowel evacuation in patients before surgery. The diet minimizes dietary residue, while attempting to maintain the patient's pre-surgical nutritional status. Ensure is a calorie/protein fortified supplement of negligible residue content and is known to be as effective in bowel evacuation as an elemental diet¹⁻³.

Indications for Use

This diet is begun three days before surgery in order to promote evacuation of the bowel.

Guidelines

- Diet is begun three days before surgery.
- Vanilla, Chocolate, Strawberry-flavored Ensure can be used to supplement clear liquid diet on Days 2 and 3.
- Sequence is as follows (Refer to GUIDELINES for Clear and Full Liquid Diets):
 - Day 1: Full Liquid Diet.
 - Day 2: Clear Liquid Diet + 1 can Ensure at each meal.
 - Day 3: Clear Liquid Diet + 1 can Ensure at each meal.

Suggested Meal Plan

Day 1		
Breakfast	Lunch	Dinner
Juice	Strained Cream Soup	Strained Cream Soup
Cream of Wheat	Pudding	Pudding
Whole Milk	Ice Cream	Ice Cream
Eggnog	Ensure	Milkshake
Beverage	Gingerale	Beverage
	Beverage	

Liquid Diet

Day 2 & 3		
Breakfast	Lunch	Dinner
Juice	Juice	Juice
Broth	Broth	Broth
Gelatin	Fruit Ice	Fruit Ice
Ensure	Gelatin	Gelatin
Beverage	Ensure	Ensure
	Gingerale	Gingerale
	Beverage	Beverage

References

1. Gutwein, I. Baer, J., Holt, P.R. The effect of formula diet on preparation of the colon for barium enema examination. Arch Intern Med, 141:993-996, 1981.
2. Kies, C. Clinical studies of Ensure, in current approaches to nutrition of the hospitalized patient. Proceedings of the Abbott-Ross Conference, Florida, p. 85, 1975.
3. Kies D., Fox, H.M. Orally-administered liquid formula and elemental diets as a sole source of nutrition for normal human adults (abstr). Fed Proc, 35:261, 1976.